Boating Safety
Booze & Boats Don’t Mix

Alcohol & Water Safety

By: National Safe Boating Council

ALCOHOL'S EFFECTS ON THE BODY

Most states define impairment at .10% Blood Alcohol Content (B.A.C.). However, even lower levels of blood alcohol may affect a person's balance, vision or judgment. This can be especially dangerous when on the water.

BALANCE..... Alcohol impacts an individual's sense of balance. A moment of dizziness or even a mis-step may not cause any harm on your patio or in a restaurant, but it can lead to disaster on the water.

VISION..... Safe boating requires good vision and too much alcohol can seriously restrict your vision. It can create a "tunnel vision" effect, reducing peripheral vision. It can impair your ability to "focus" on objects and it can reduce your night vision, especially for reds and greens.....the colors of running lights.

BOATING, ALCOHOL AND SAFETY

Operating a boat is at least as complicated as driving a car and a boating accident can be just as dangerous as an automobile accident. Yet many people who would never drink drunk think it's safe to operate their boat after drinking. It isn't. In fact, 50% of all boating fatalities are alcohol related. Operating a boat while intoxicated is illegal and dangerous.

TIPS FOR SAFE BOATING

- Take a boating safety class offered locally.
- Know your boat's load limit, and don't exceed
- A safe boat is a well-equipped boat.
- Knowing how to swim just makes good sense
  spend time on the water.
- Keep lifejackets visible and accessible
- Learn "the rules of the road".....and obey the
- Don't overdo your boating fun. In 3 hours of r
  boating, the noise, motion, sun, wind and glar
  frequently double an individual's reaction time
- Remember, while a drink or two can relax you
  make your day more enjoyable, they may also slow
  your reaction time, reduce your coordination, and
  increase your susceptibility to injury.